

Uterine massage after delivery



Introduction

- Palpation of the uterus during the post-natal period forms part of the daily post natal examination . It provide information on involution by assessing the height, position and tone of the uterus, in conjunction with other factors such as lochia loss per vagina.



Definition of uterine massage

- It is the tactile examination of the woman's abdomen (abdominal palpation) during the immediate postpartum period .

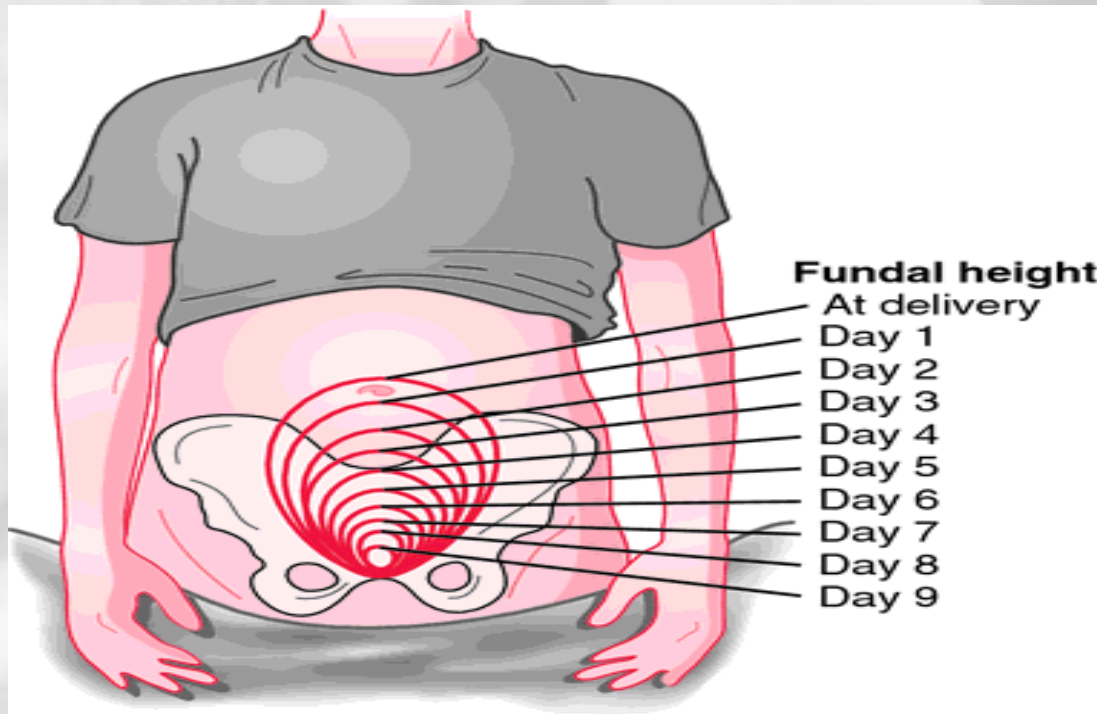
Objective of uterine massage

1. Improve circulation and encourage muscle contraction of the uterus.
2. prevent the uterus from becoming boggy and soft.
3. Prevent post-partum hemorrhage.



Objective of uterine massage

4. Detect fundal level.
5. Reposition the uterus after labor and evaluate the involution process.



Objective of uterine massage

6. Assess lochia.

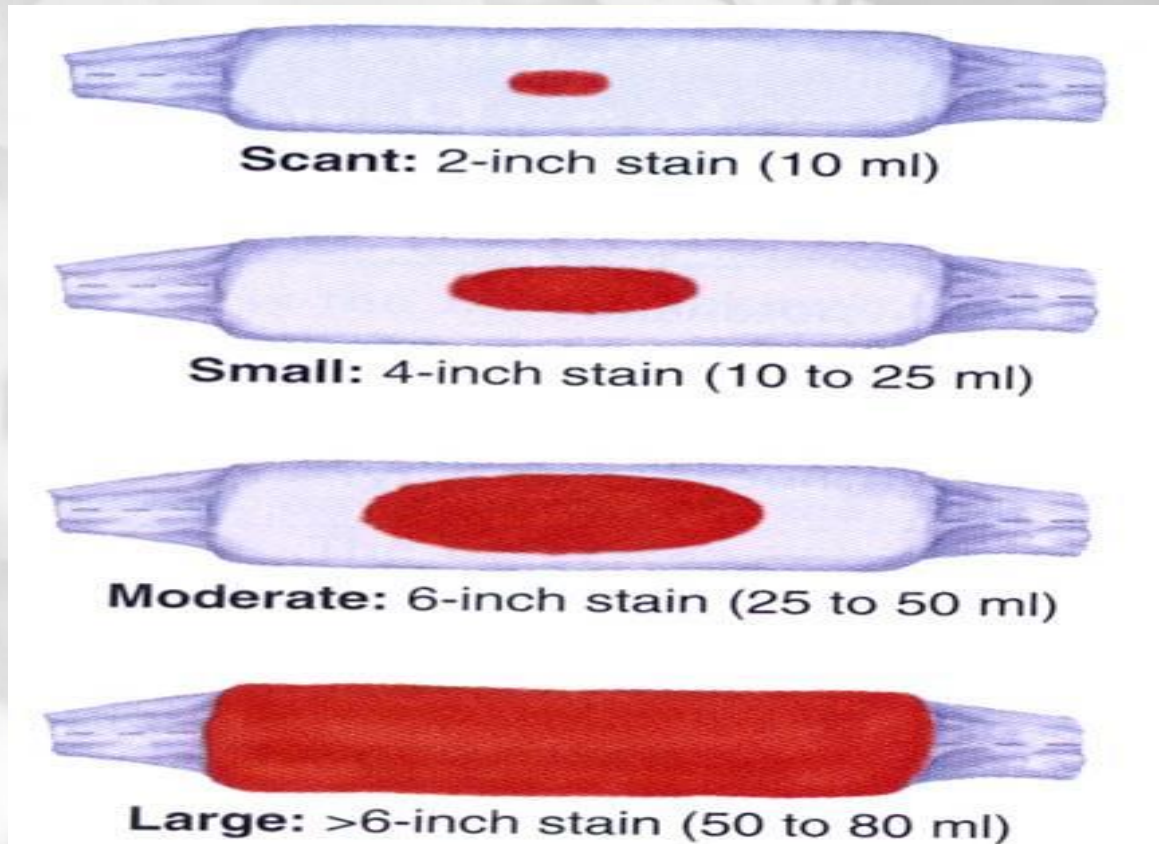
➤ Type of lochia:

LOCHIA	Rubra	Serosa	Alba
Normal Color	Dark Red	Pink, brown	Yellowish-white
Normal Duration	1-3 days	3-10 days	10-14 days, Can be longer
Normal COMPOSITION	Bloody clots	Blood, mucus	Mostly musus

Objective of uterine massage

6. Assess lochia.

➤ Amount of lochia:





Getting Ready

Prepare the necessary equipment

- Clean gloves



- Sterile perineal pad



- Screen



Prepare the necessary equipment

- Perineal care equipment:

1. Mackintosh



2. Towel and clean linen



3. Bedpan



4. Kidney basin



Prepare the necessary equipment

- Perineal care equipment:

5. Iodine ball



6. sterile cotton sponges



7. Sterile forceps



Steps of procedure

The background of the slide features a soft-focus photograph of flowers. On the left and center, there are large, pale white flowers with delicate petals. In the bottom right corner, there are several smaller, vibrant pink flowers. The overall lighting is bright and airy, creating a gentle, natural aesthetic.

1. Hand washing



2. Explain the procedure to the woman and obtain her consent

3. Protect the woman from drafts and keep her privacy.

4. Ask the mother to empty the bladder before initiating the procedure

5. wear clean gloves.



6. Place the mother in a dorsal recumbent position



7. Expose the woman's abdomen.

8. lower the old perineal pads to observe lochia as the fundus is palpated.



9. Place the non-dominant hand above the symphysis pubis.

10. Begin gently palpation at the umbilicus by using the flat part of the fingers of the dominant hand until the fundus is located.



11. Measure by finger breadth how far the fundus from the umbilicus.

12. Determine its size, position and consistency.

13. Gently massage the fundus in circle motion, if the fundus is soft or boggy until the fundus is firm.

14. Put new perineal pad after performing perineal care.



15. Recover the abdomen, assisting the woman to a comfortable position.

16. Wash hands

17. Document:-

- The tone and the location of the fundus.
- Type and amount of lochia.



Thank You...

